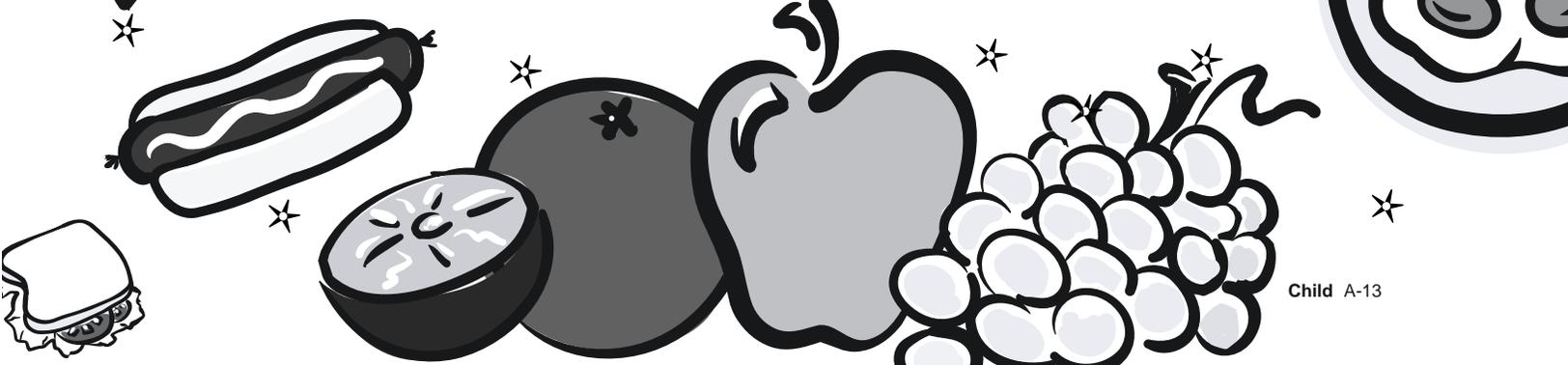
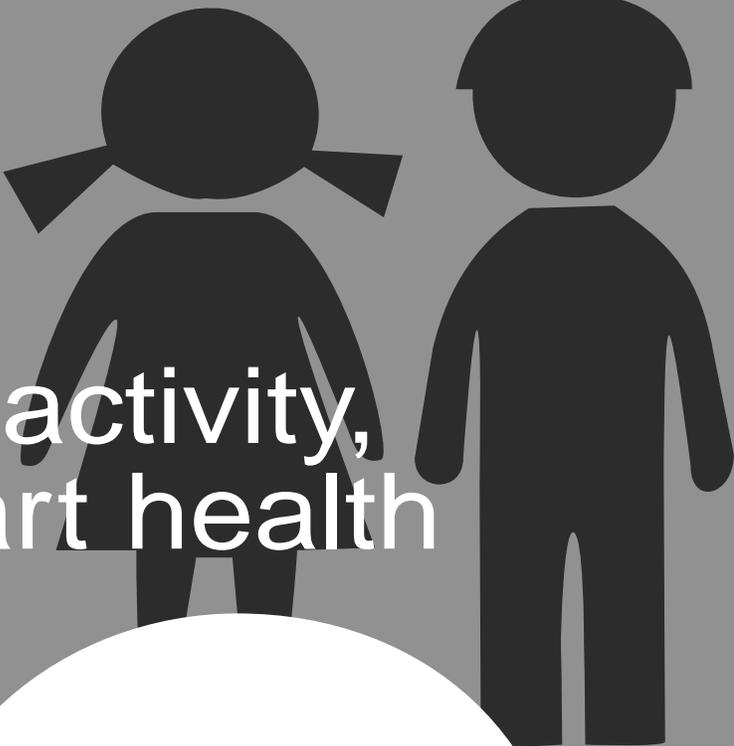
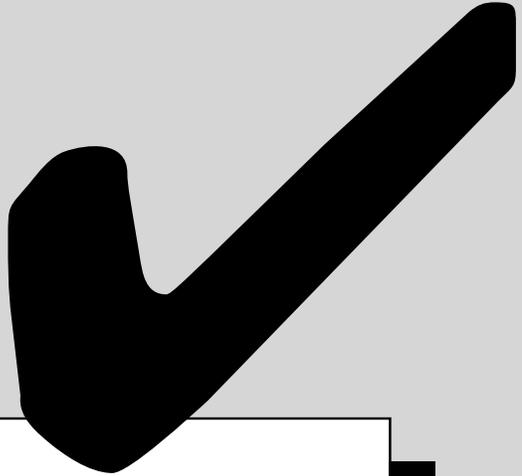


Child PREQUESTIONNAIRE

WHAT'S YOUR
food,
physical activity,
& heart health





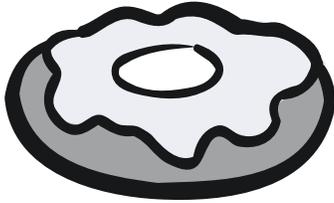
Check the correct box!

1. Are you a... Boy or Girl ?

2. Your age is...
 a. under 6 years old
 b. 6 or 7 years old
 c. 8 or 9 years old
 d. 10 or 11 years old

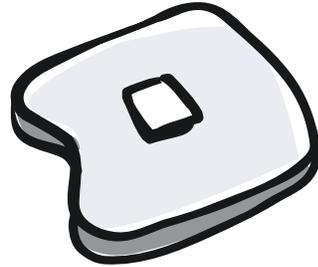
Which food is better for your health?

Instructions: Circle one of the two foods that you think is better for your health.



1.

Doughnut

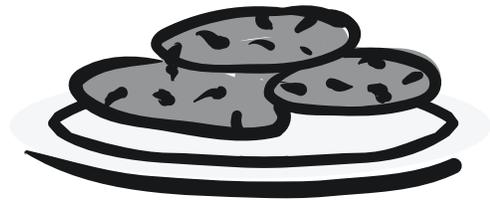


Toast



2.

Orange

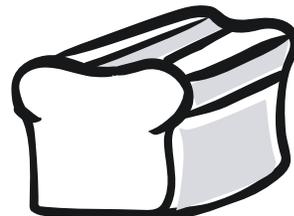


Cookies

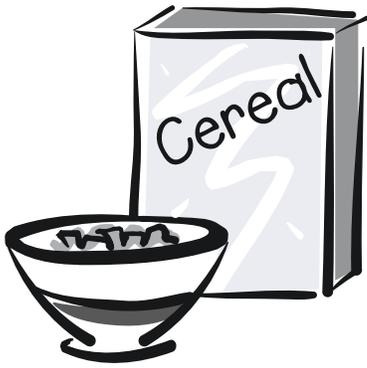


3.

Whole Wheat Bread



White Bread



4. Cold Cereal



Eggs and Bacon



5. Regular Milk



Low-fat or Fat-free Milk



6. Green Salad



French Fries



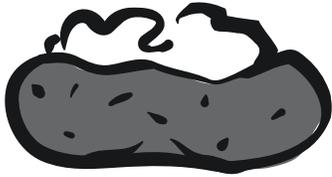
7. Grapes



Candy Bar

What foods do you eat most of the time?

Instructions: Circle one of the two foods that you eat most often.



1. Baked Potato



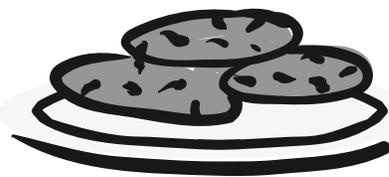
French Fries



2. Fruit Juice



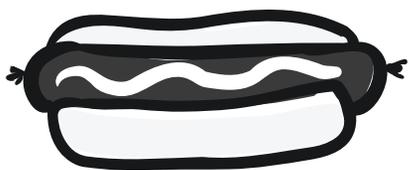
Soda



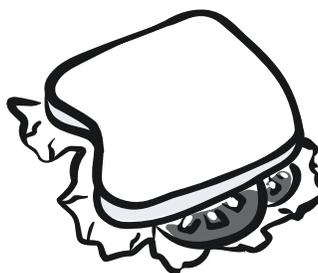
3. Cookies



Apple



4. Hot Dog



Sandwich with Lettuce & Tomato



5. Chocolate Cake



Orange



6. Ice Cream



Fresh Fruit Popsicle



7. Regular Milk



Low-fat or Fat-free Milk

What would **you** do?

Instructions: Answer each question by choosing one of the two foods.

1. If you were at the movies, which one would you pick?

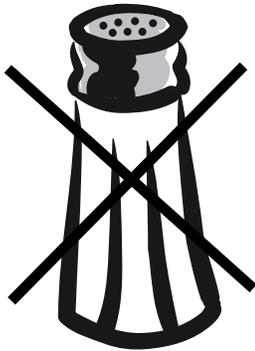


Popcorn with salt and butter



Popcorn without salt and butter

2. If you were going to eat your lunch, which would you do?



Eat the food without adding salt



Shake salt on the food before eating

3. Which food would you put on your hamburger?



Ketchup



Tomato

4. Which would you pick to drink?



Regular Milk

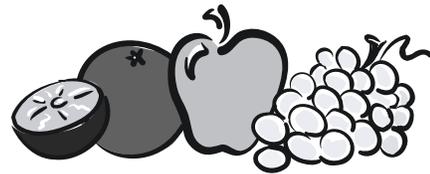


Low-fat or Fat-free Milk

5. Which food would you eat for a snack?

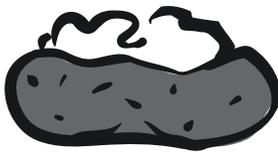


Candy Bar



Fresh Fruit

6. Which food would you choose for dinner?

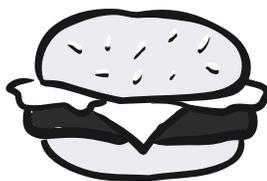


Baked Potato



French Fries

7. Which would you order if you were going to eat at a fast food restaurant?



Hamburger



Green Salad

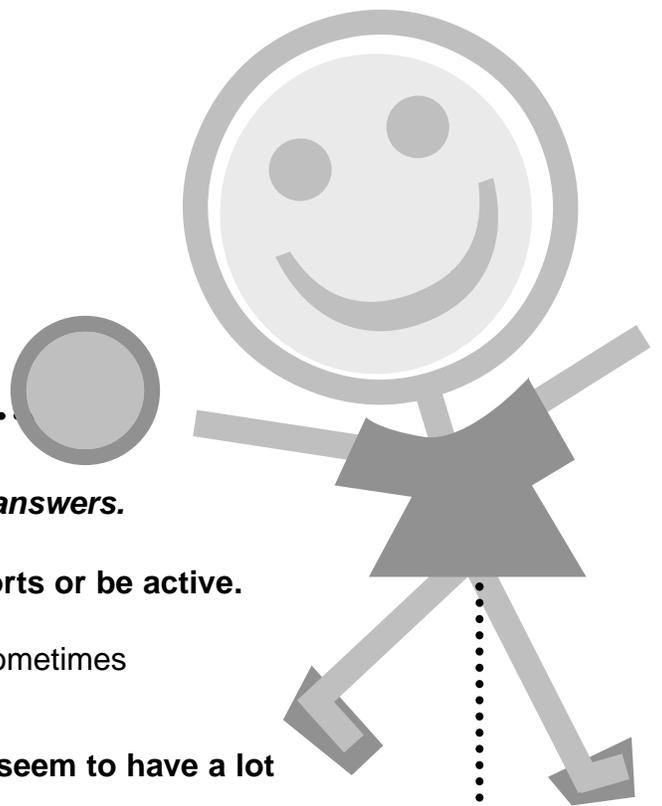
Things I like and things I do

*What kinds of things do you like to do or would like to learn how to do?
For each of the activities below, please put check marks (✓) to let us know if:*

- This is something you LIKE to do.
- This is something YOU'VE DONE in the past week.
- This is something you would like to LEARN how to do.

| | I like to do this | I've done this in the past week | I would like to learn how to do this |
|---|-------------------|---------------------------------|--------------------------------------|
| Games (tag, hopscotch, 4-square, dodgeball, kickball, etc.) | | | |
| Exercises (jumping jacks, running, etc.) | | | |
| Jump Rope | | | |
| Basketball | | | |
| Football | | | |
| Soccer | | | |
| Softball/Baseball | | | |
| Volleyball | | | |
| Swimming | | | |
| Tennis | | | |
| Biking | | | |
| Bowling | | | |
| Dancing | | | |
| Rollerskating, Rollerblading, Skateboarding | | | |

Physical Activity and You!



*Please circle your answers.
Remember there are no right or wrong answers.*

1. I would rather watch TV than play sports or be active.

Yes

No

Sometimes

2. People who play sports or are active seem to have a lot of fun doing it.

Yes

No

Sometimes

3. How do you feel about your ability to kick a ball hard and hit a target, like soccer?

☺ Great

☹ Okay

☹ Not Good

4. How do you feel about your ability to run a long way without stopping?

☺ Great

☹ Okay

☹ Not Good

5. How do you feel about your ability to hit a ball with a bat, like softball?

☺ Great

☹ Okay

☹ Not Good

6. How do you feel about your ability to play many different games and sports?

☺ Great

☹ Okay

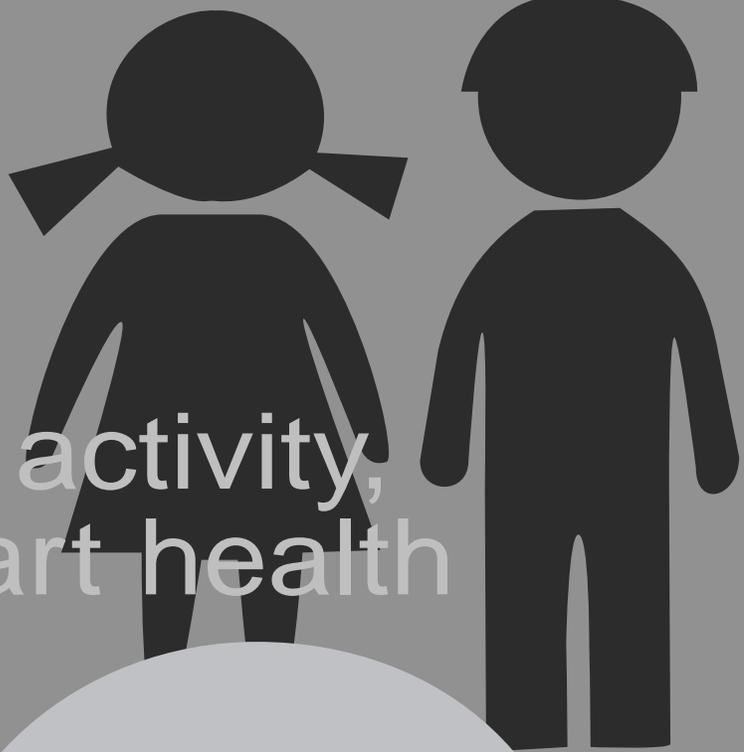
☹ Not Good

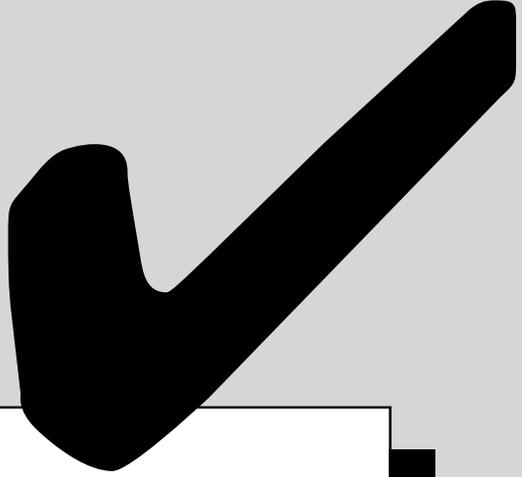


ID _____ DATE _____

Child POSTQUESTIONNAIRE

WHAT'S YOUR
food,
physical activity,
& heart health





Check the correct box!

1. Are you a...

Boy or Girl ?

2. Your age is...

a. Under 6 years old

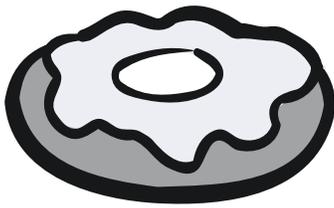
b. 6 or 7 years old

c. 8 or 9 years old

d. 10 or 11 years old

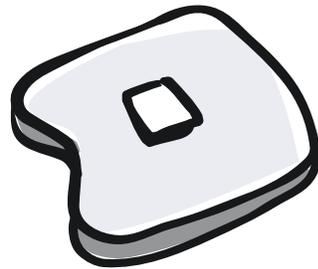
Which food is better for your health?

Instructions: Circle one of the two foods that you think is better for your health.



1.

Doughnut

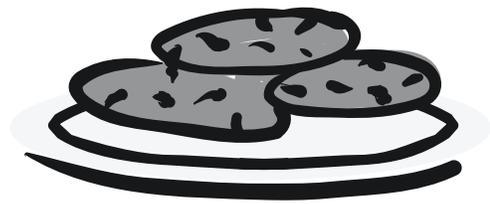


Toast



2.

Orange

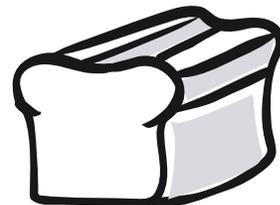


Cookies

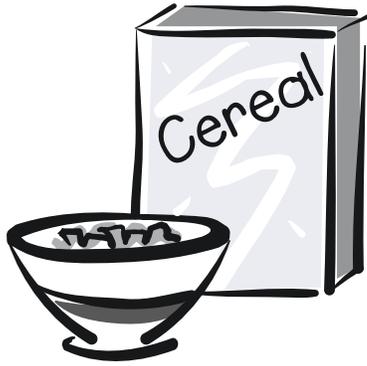


3.

Whole Wheat Bread



White Bread



4. Cold Cereal



Eggs and Bacon



5. Regular Milk



Low-fat or Fat-free Milk



6. Green Salad



French Fries



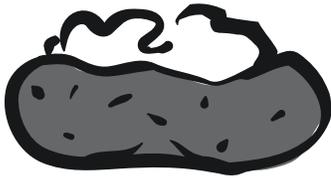
7. Grapes



Candy Bar

What foods do you eat most of the time?

Instructions: Circle one of the two foods that you eat most often.



1. Baked Potato



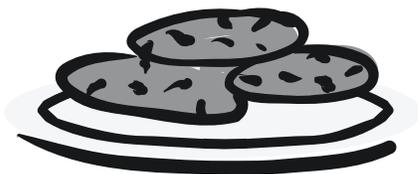
French Fries



2. Fruit Juice



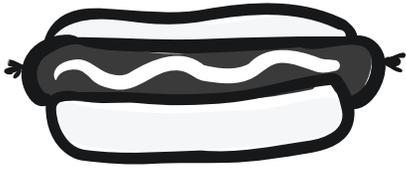
Soda



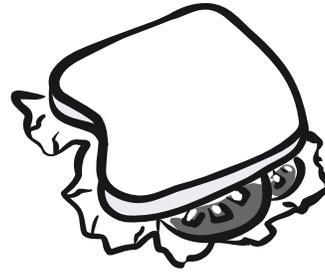
3. Cookies



Apple



4. Hot Dog



Sandwich with Lettuce & Tomato



5. Chocolate Cake



Orange



6. Ice Cream



Fresh Fruit Popsicle



7. Regular Milk

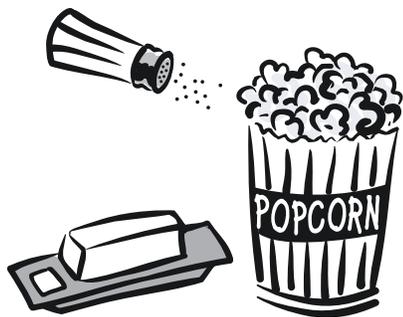


Low-fat or Fat-free Milk

What would **you** do?

Instructions: Answer each question by choosing one of the two foods.

1. If you were at the movies, which one would you pick?

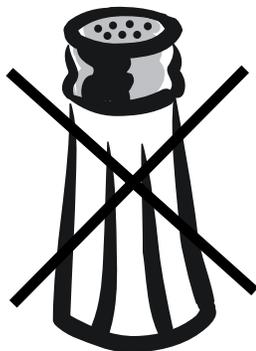


Popcorn with salt and butter



Popcorn without salt and butter

2. If you were going to eat your lunch, which would you do?



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Shake salt on the food before eating

3. Which food would you put on your hamburger?



Ketchup



Tomato

4. Which would you pick to drink?



Regular Milk



Low-fat or Fat-free Milk

5. Which food would you eat for a snack?



Candy Bar



Fresh Fruit

6. Which food would you choose for dinner?



Baked Potato



French Fries

7. Which would you order if you were going to eat at a fast food restaurant?



Hamburger



Green Salad

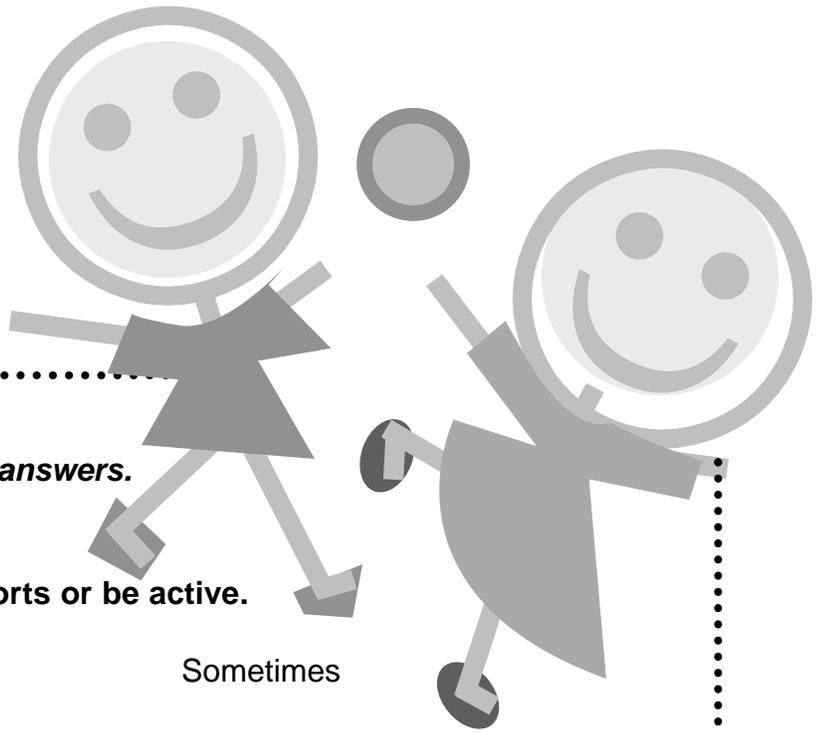
Things I learned and did this summer

*What kinds of things have you been doing with parks and recreation?
For each of the activities below, please put check marks (✓) to let us know if:*

- This is something NEW you LEARNED here at parks and recreation.
- This is something you GOT BETTER at during your time with parks and recreation.
- This is something you'd like to PLAY AGAIN after your parks and recreation time is over.

| | Something new I learned | I got better at this | I would like to play this again |
|---|-------------------------|----------------------|---------------------------------|
| Games (tag, hopscotch, 4-square, dodgeball, kickball, etc.) | | | |
| Exercises (jumping jacks, running, etc.) | | | |
| Jump Rope | | | |
| Basketball | | | |
| Football | | | |
| Soccer | | | |
| Softball/Baseball | | | |
| Volleyball | | | |
| Swimming | | | |
| Tennis | | | |
| Biking | | | |
| Bowling | | | |
| Dancing | | | |
| Rollerskating, Rollerblading, Skateboarding | | | |

Physical Activity and You!



Please circle your answers.

Remember there are no right or wrong answers.

1. I would rather watch TV than play sports or be active.

Yes

No

Sometimes

2. People who play sports or are active seem to have a lot of fun doing it.

Yes

No

Sometimes

3. How do you feel about your ability to kick a ball hard and hit a target, like soccer?

☺ Great

☹ Okay

☹ Not Good

4. How do you feel about your ability to run a long way without stopping?

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☹ Okay

☹ Not Good

5. How do you feel about your ability to hit a ball with a bat, like softball?

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6. How do you feel about your ability to play many different games and sports?

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